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HOUSEKEEPERS' CHAT

Monday, November 21, 1932

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Subject: "Plans for an Inexpensive Thanksgiving Dinner." Information from the Bureau of Home Economics, U.S.D.A.

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As we remarked on Friday, the first of the week is the time to plan the Thanksgiving dinner. With the menu planned, the market list made out, and a careful schedule of work down on paper, you won't have to fuss and worry even if all the cousins and the aunts are coming.

So let's get out our pencils and take down the menu plans suggested by the Menu Specialist. Maybe you think she's worked out a great big twenty-course meal and a table just groaning with food--the kind of a meal that you can't possibly do justice to, the kind that may cause some regrets later from over-eating. If you expect a menu like that from your friend the Menu Specialist, you're going to be mistaken. She's much too wise and much too up-to-date.

Painfully large meals are out of style for Thanksgiving or any other time. But delicious, simple meals are always in style--the kind that satisfy but aren't too heavy. A simple dinner, perfectly cooked and served so that every dish looks, oh, so tempting--isn't that better than a great array of food of all sorts that you can't possibly eat anyway?

"And besides," as Cousin Susan would add, "a simple dinner is much more economical."

So the menu today is a simple, satisfying, economical and delicious Thanksgiving meal.

To start it off, we want something bright and colorful and appetizing. What about a tomato juice cocktail, served in your best little cocktail glasses with a tiny, very tiny, bit of green parsley on top or even a sprinkling of chopped mint leaves? I know I've suggested tomato cocktail many times as a meal starter, but no wonder. It's bright and colorful to look at, it's inexpensive and it cheers up the appetite. Of course, you always have the option of serving this cocktail mixture either hot or cold, depending on the weather. A small crisp cracker or even a tiny, thin, crisp square of toast makes a nice accompaniment for your cocktail, hot or cold.

Now about the main course. Many thrifty people this year are being unconventional and disregarding the traditional Thanksgiving bird. Instead, they're serving a roast of meat. If you want an inexpensive roast that would suit this meal, why not choose a loin of pork or a fresh ham roast? Either of these you might serve with tart red applesauce as a side dish. And, by the way, if your cooking apples aren't red enough to suit you, cranberries and apples stewed together make an excellent combination and a very colorful one. Another inexpensive roast is a baked cured ham, all fixed with cloves and brown sugar. But





if you must have a fowl and still want to be thrifty, you may find that duck is an inexpensive choice. Or you might choose a plump hen of an age that requires parboiling before roasting. If you cook it properly, such a hen will be just as tender and just as good in flavor as the young chickens that cost more.

Here's a point to consider in choosing between the hen and the duck. Because the hen has more meat in proportion to bone and therefore less waste, it is probably the most economical choice in the long run. Also the hen has more room for stuffing.

Whether you serve a roast or a fowl, it will be just that much better with homemade jelly, pickles or relish. For vegetables let's have three, since we aren't having a salad. And let's choose three inexpensive ones--baked sweet potatoes; onions, creamed, buttered or baked in milk; and canned baby lima beans.

With both a relish or pickles and plenty of vegetables a salad isn't necessary. If you do decide to have one, all you need is a very simple salad, just something crisp, green and refreshing to make a break between the main course and dessert. In a hearty meal like this a green salad or a very simple fruit salad served with a French dressing is the most suitable kind.

As for dessert, either the traditional pumpkin pie or a delicious raisin pie will top off the meal nicely. By the way, pumpkin pie spread on top with currant jelly is a bit different and extra good.

There's the meal, all planned. Shall we go over it from first to last, just to be sure we haven't missed anything?

Tomato juice cocktail, served hot or chilled for the first course, accompanied by small crisp salted crackers or thin squares of crisp toast. Main course: Either a fresh pork roast or a ham roast; Homemade pickles, jelly or relishes; Baked sweet potatoes; Creamed or buttered or baked onions; Canned baby lima beans. For dessert, either pumpkin or raisin pie and coffee.

Now if you're ready, I'll give you the recipe for an extra-good pumpkin or squash pie. This calls for a cup and a half of cooked pumpkin or squash. You can use the canned prepared variety or cook your own. Here are the ingredients:

1 and 1/2 cup of cooked pumpkin or squash	1/2 teaspoon of allspice
1 cup of milk	1/4 teaspoon of mace
1/2 cup of sugar	1/2 teaspoon of salt
1 teaspoon of cinnamon	2 eggs
	2 tablespoons of butter, and

Pastry. I'll repeat that list of ten ingredients. (Repeat).

Heat the pumpkin or squash, the milk, sugar, spices and salt in a double boiler. Add the beaten eggs and butter and mix well. Pour the hot filling into a deep baked pastry shell and bake in a moderate oven (350 degrees F.) about 30 minutes or until the filling sets.

On my honor, this is the best pumpkin pie recipe I ever tasted. But the Recipe Lady knows more good ways of cooking & preparing pumpkin and squash. I'll tell you about them tomorrow.

